

THE ATLAS FAMILY

W e l c o m e s Y o u



Welcome to the Headquarters and Service Battalion, Marine Corps Recruit Depot family!

We are excited that you are joining the command in supporting the mission of recruiting and making Marines. As you make your way to MCRD, San Diego; you are about to embark on another great Marine Corps adventure and we can't wait to see you. This command will certainly challenge your resourcefulness, but will certainly enrich you personally and professionally. You may have even been a little overwhelmed or anxious about where you were going, however you will find that the community here is supportive and that a plethora of resources will be available to you and your family in your transition and during your tour of duty here at the depot. This community and those resources begin with your new Battalion command team. We are looking forward to supporting you and are prepared to assist you in your transition any way possible. The command Family Readiness Officer may be reached at RDSD_HSNB_FRO@usmc.mil.

Finally, there is an entire battalion of Marines, Sailors and Civilians looking forward to meeting you and welcoming you into the Headquarters and Service Battalion, otherwise known as Atlas Battalion. You are assuming a unique role in our Corps; we are committed to seeing you succeed and we expect you to be focused on the same. We encourage you to maintain a positive mind set; it will certainly serve you during your transition to into our command.

Once again, welcome to Atlas Battalion and Semper Fi!

J. E. SHAAR

Colonel, USMC

Commanding Officer, HQSVCBN, MCRD-SD

D. J. Downing

Sergeant Major, USMC

Sergeant Major, HQSVCBN, MCRD-SD

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F a m i l y R e a d i n e s s O f f i c e r



I am the Family Readiness Officer for Headquarters and Service Battalion. I am excited about the opportunity to serve and provide you with the information, tools, and resources to not only meet the challenges of this Duty Assignment, but also to take full advantage of all the opportunities that are available to you.

Although this is my first appointment as a Family Readiness Officer, I have a great deal of experience in family readiness itself. I have utilized many of the resources available to us and have plenty of information and services that I would like to share with you.

You might be wondering what I can do for you. I can provide you with a wealth of information and resources for just about anything you might need. Whether you're interested in educational opportunities, family or personal counseling, childcare information, volunteering within the battalion, or you're just looking for something fun to do, I can help. If there's anything you need, please don't hesitate to ask.

Volunteering with the battalion can make a hard tour a little easier. We have a variety of opportunities ranging from helping out at events, attending our monthly meetings, and helping out from home. While volunteering you are welcome to give as much or as little time as you'd like and have available. Please talk to me about it if you are at all interested.

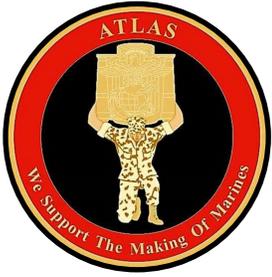
Official communication will be via e-mail to pass important information. Once your Marine checks in with me, if you are not receiving my emails at least once a week, please let me know so I can add or update your email in our distribution list. I will be providing you with news and information from the command. If you have any questions or need resource information feel free to stop by my office located within the Battalion, you can send me an email RDSD_HSNB_FRO@usmc.mil, anytime you'd like.

I know that the military lifestyle can present unique challenges, but there are also so many benefits and opportunities that make the military life a rewarding experience and an amazing adventure. I look forward to meeting each of you and providing any assistance you might need.

D. J. Schulz

Sergeant

Family Readiness Officer



ATLAS

R E S O U R C E S

Lifelong Learning Center

Available Services: College 101, Tuition Assistance, Test of Adult Basic Education, Non-Traditional Distance Learning Programs, On-base Classes, & more!
Education Services Officer: James Brooks (619) 524-8158
Education & Career Specialist: Annie Villalon (619) 524-1275

Family Member Employment Assistance Program

The military lifestyle presents many challenges for family members. One is staying employed and building a career while frequently transitioning. FMEAP prepares and empowers family members with the tools necessary to be successful in the workforce.

FMEAP Specialist: Connie Vasquez (619) 524-8640

Career Resource Management Center

The Career Resource Management Center provides information and assistance to help service members, their family members, retirees and DoD civilian employees with their job search.

Jennifer Reichard (619) 524-0675

Personal Financial Management Program

Provides active duty military members and their families, military retirees, and eligible civilian personnel financial and consumer education, training, counseling, information and referral.

Financial Specialist: Michael McIsaac (619) 524-1204

Information, Referral and Relocation

The I&R program is an efficient way to find information or services that are right for you. In addition to answering questions about military and civilian activities, organizations, and services available on or off base, your I&R Specialist will also research information and other resources for you.

I&R Specialist: Perlita Rodriguez (619) 524-5732

Marine Corps Family Team Building

MCTFB is about family readiness. Family readiness is defined as self-sufficient Marine Corps families, and self-sufficient families are directly related to a Marine's ability to do the best job possible. The focus of MCTFB programs is on prevention and education.

Prevention and Relationship Enhancement Program (PREP):
(619) 718-3764

Four Lenses: (619) 718-3763

Family Readiness Trainer: (619) 718-3765

Lifestyles, Insights, Networking, Knowledge, and Skills
(L.I.N.K.S.): (619) 718-3764

Community Counseling Program

CCP provides short-term counseling focused on screening, prevention and intervention to promote the well-being of Marines, Sailors and their families. We offer individual, couple, family, child and group counseling services.

(619) 524-0465

ON-BASE RESOURCES

Boathouse & Marina.....	(619) 524-5269
Child, Youth, and Teen Program.....	(619) 725-6384
Depot Fitness Center.....	(619) 524-4427
Depot Library.....	(619) 524-1849
Domestic Violence (24/7 line).....	(619)-279-6113
Exceptional Family Member Program.....	(619) 524-8031
Family Advocacy Program.....	(619) 524-0465
Health Promotions.....	(619) 524-5655
Household Goods(inbound/outbound).....	(619) 524-5369
ID Card.....	(619) 524-8741
Information, Tickets & Tours (ITT).....	(619) 725-6343
Legal Services.....	(619) 524-4110
Navy-Marine Corps Relief Society.....	(619) 524-5734
New Parent Support.....	(619) 524-0465
PMO.....	(619) 524-4202
Post Office.....	(619) 524-4399
Recreation Center.....	(619) 524-4446
Retired Services Office.....	(619) 524-5301
SAPR Helpline (24/7 line).....	(619) 846-6040
School Liaison Program.....	(619) 524-8032
Single Marine Program.....	(619) 524-8240
Substance Abuse Counseling Center.....	(619) 524-1835
Tax Center, Vita Legal Office.....	(619) 524-8643

OFF-BASE RESOURCES

24/7 D-Stress Line.....	(877) 476-7734
24/7 Suicide Hotline.....	(800) 479-3339
Armed Services YMCA.....	(858) 751-5755
Big Brothers Big Sisters of San Diego.....	(619) 218-3335
Blue Star Families.....	(760) 575-4848
Child Care Referral Line.....	(619) 556-7394
Courage to Call.....	(877) 698-7838
CREDO.....	(760) 725-4954
DEERS.....	(800) 538-9552
Fleet & Family Support Center.....	(866) 923-6478
Homefront San Diego.....	(760) 392-1551
Kids' Turn San Diego.....	(858) 521-0027
Lincoln Military Housing.....	(619) 556-9610
MHS Family Forces.....	(858) 277-7907
Military One Source.....	(800) 342-9647
Military Outreach Ministry.....	(619) 461-4164
Operation Homefront.....	(858) 242-4995
Outdoor Outreach.....	(619) 238-5790
Support the Enlisted Project.....	(858) 695-6810
TRICARE Customer Service.....	(877) 988-9378
TRICARE Rep.....	(619) 971-2225
Thrift Store, NMCRS.....	(619) 556-8624
USO Airport.....	(619) 296-3192
USO Downtown.....	(619) 235-6503
WIC.....	(800) 500-6411



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